



State of Arizona
Department of Education

MEMORANDUM

HNS# 40-2013

TO: All Sponsors of the National School Lunch Program/District LWP Stakeholders

FROM: Mary Szafranski, Deputy Associate Superintendent
Arizona Department of Education, Health and Nutrition Services

Original Signed

Nicholas Dunford, Director
Arizona Department of Education, School Health Programs

DATE: May 28, 2013

SUBJECT: Child Nutrition Reauthorization 2010: Local School Wellness Policy Compliance

This memorandum is to provide information on **upcoming trainings** regarding compliance with the new requirements for Local Wellness Policies. In September of 2012 the Health and Nutrition School Health Programs was awarded a Team Nutrition training grant from the United States Department of Agriculture to provide training and technical assistance to schools to promote healthier environments to align with the Local Wellness Policy (LWP) requirements established in support of the Healthy, Hunger-Free Kids Act of 2010. The purpose of the grant is to assist schools in meeting the new school meal requirements, encourage HealthierUS School Challenge (HUSSC) participation, support students' nutritious choices by structuring the cafeteria environment in a way that encourages the selection of healthy foods, and to promote healthier environments to align with the LWP requirements. In August of 2011 Local educational agencies (LEAs) received a memo from the Arizona Department of Education (ADE) and were highly encouraged to begin reviewing their policies and begin moving forward on implementing the new requirements.

As a part of this training grant ADE will begin providing professional development and technical assistance trainings this September throughout Arizona. For the purposes of this grant technical assistance could include but not limited to – *Tailored guidance to meet the specific needs of a site or sites through collaborative communication between a specialist and the site(s). Assistance takes into account site-specific circumstances and culture and can be provided through phone, mail, e-mail, Internet, or in-person meetings.*

The trainings will focus on meeting the LWP requirements to support LEAs in implementing policy change strategies for school health programs; reinforce messages on healthy eating, physical education and using various approaches to meet multiple school health initiative criteria and evaluating your policy using tools such as the WellSAT.

The WellSAT provides a standard method for the quantitative assessment of school wellness policies. As a part of the LWP evaluation process ADE has used the WellSAT to preliminarily review local wellness policies provided through the National School Lunch Program Coordinated Review Process and 6 cent certification application process, to assist in designing the technical assistance trainings.

Local wellness policies are an important tool for parents, LEAs and school districts to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

Training Dates

Phoenix – September 24, 2013
3300 N. Central Ave, 16th Floor
Phoenix, Arizona 85007

Yuma – TBD

Sedona - TBD

Tucson - TBD

Elements of the Training

- Create goals for nutrition education, physical activity, and other school-based activities that promote student wellness, as well as nutrition guidelines to promote student health and reduce childhood obesity
- Understand legislation surrounding implementation and enforcement of Local Wellness Policies
- How to inform and update the public (including parents, students or children, and others in the community) about the content and implementation of the local wellness policy to include team nutrition messages
- Developing and implementing a nutrition promotion plan for the school and/or school district
- Understand strategies for developing a functional and sustainable School Health Advisory Council (SHAC) (Local Wellness Policy Team)
- Evaluating your Local Wellness Policy
- Learn about available resources that support Wellness Policy Team/School Health Advisory Council efforts such as Coordinated School Health, HealthierUS School Challenge, Alliance for a Healthier Generation, and the School Health Index
- Efficiently using multiple components, funding sources and multiple strategies of school health programs, such as Coordinated School Health, HUSSC, Alliance for a Healthier Generation, and the School Health Index

This provision supports a robust process at the community level, including the expansion of the SHAC participating in the local wellness policy development to include more members from the community. This approach is intended to foster broad-based community support for the development and implementation of effective local wellness policies.

LEAs may find it helpful to consult the local wellness policy reference materials and sample policies on the Food and Nutrition Services (FNS) website at: <http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html> and on our ADE website at: <https://www.azed.gov/health-safety/cnp/nslp/Operating/Wellness/>.

The ADE will continue to ensure local wellness policies are in place when conducting administrative reviews. As needed, ADE will continue to offer technical assistance, in addition to these trainings to LEAs to assist in identifying practical means of implementing the new requirements.

For questions regarding this memo, please contact your School Health Programs Specialist at (602) 542-8700.

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